Vegetable Fried Rice
with Tofu Scramble and Teriyaki Mushrooms

This vegetable fried rice is full of nutritious veggies, savory Teriyaki mushrooms, and fluffy tofu scramble. It’s made with affordable ingredients and overflowing with so much flavor that you’ll wonder why you’ve wasted so much time eating takeout. Once you try this recipe, you won’t go back to using eggs in your fried rice.

Ready in 35 minutes
Serves 4-6 people

Tools
- Large Skillet
- Spatula

Ingredients
- 4 cups day-old steamed rice
- ½ block firm tofu, crumbled
- 1 - 16 oz bag mixed vegetables, fresh or frozen
- 1 - 8 oz package mushrooms, thinly sliced
- ¼ cup tamari sauce, soy sauce or liquid aminos also work well
- ¼ cup Teriyaki sauce
- 3 Tbsp grapeseed oil, or vegetable oil of your choice
- 3-4 scallions, thinly sliced

Scramble Seasoning
- ½ tsp ground turmeric
- ½ tsp black salt
- 1 tsp garlic powder
- 1 tsp onion powder

Preparation
1. Heat a large skillet or wok over medium-high heat. Add 1-2 tsp of oil to the pan and spread around until evenly coated. Add crumbled tofu and scramble seasoning to the pan and saute with a spatula for 4-5 minutes until fragrant and a bit golden brown on the edges. Remove from the pan and set aside in a bowl.

2. Add another 1-2 tsp of oil to the pan and spread around until evenly coated. Add mushrooms to the pan and saute with a spatula for 4-5 minutes until most of the water in them has been released and evaporated and they begin to brown on the edges. Add Teriyaki sauce and continue to cook for another 5 minutes until the sauce has reduced and the mushrooms are sticky. Remove from the pan and set aside in a bowl.

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3. Add 1-2 tsp of oil to the pan and spread around until evenly coated. Add mixed vegetables and about 1 Tbsp of tamari sauce to the pan and saute with a spatula for 3-4 minutes until they are warmed through and just beginning to wilt, if fresh. Remove from the pan and set aside in a bowl.

4. Add 1 Tbsp of oil to the pan and spread around until evenly coated. Add the rice to the pan spread into an even layer across the base of the pan. Cook for 5 minutes undisturbed to allow the rice to lightly fry and crisp up. Move the rice around with the spatula to ensure the upper layers of the rice are heated through. Return vegetables, Teriyaki mushrooms, and tofu scramble to the pan along with the remaining soy sauce and the sliced scallions and stir fry with the rice for another 5 minutes to bring all of the components together.

5. Serve immediately as a main dish or a side with your favorite vegan entrees.

**Tips**

Black salt, also known as or kala namak, is an Indian volcanic rock salt. It is commonly used in vegan dishes to provide an egg-like flavor due to the significant presence of naturally-occurring sulphur in the salt. It can be purchased in Indian markets or online [here](#) and [here](#).

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